

CAPONATA (Eggplant Relish)

This sauce is a great match for grilled meats - it's also a great hors d'oeuvre when spread atop croutons - or toss it with cooked pasta

SOURCE: PRIME TIME EMERIL

Cook/Prep Time: about 1/2 hour (if pine nuts are already toasted)

INGREDIENTS:

1/3 C red wine vinegar
1/3 C sugar
1/4 C olive oil
1/2 C chopped yellow onions
1 TBS minced garlic
1 large eggplant (about 2 lbs), finely chopped
1/2 tsp salt, or more to taste
2 C seeded/chopped tomatoes (about 4 large)
1 C pitted/chopped green olives
1 C toasted pine nuts
1/3 C finely chopped fresh basil

DIRECTIONS:

Combine vinegar & sugar in small saucepan over medium heat - cook, stirring, till sugar dissolves (about 2 minutes) - remove from heat & let cool.

Heat oil in large heavy saucepan over medium-high heat - add onions & cook, stirring occasionally, till softened (about 3 minutes) - add garlic & stir till fragrant (about 30 seconds) - add eggplant & salt - cook, stirring occasionally, till softened (about 6 minutes) - add tomatoes & cook, stirring occasionally, till caponata thickens (about 12 minutes).

Add olives & pine nuts - stir in vinegar mixture 1 TBS at a time till desired flavor & consistency is reached (caponata mixture should be sweet-&-sour and not too thin) - stir in basil - adjust seasoning with salt if necessary, and serve warm or chilled. (Leftovers may be refrigerated tightly sealed for up to 7 days!)

Yield: about 5 C